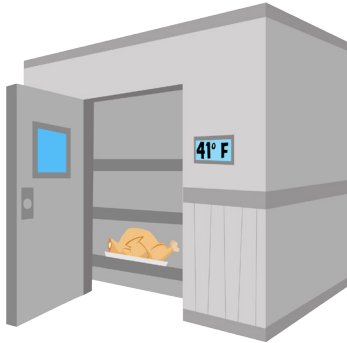


## Methods and Guidelines for Thawing TCS Food



### Refrigeration

Thaw food in a cooler keeping its temperature at 41°F (5°C) or lower.

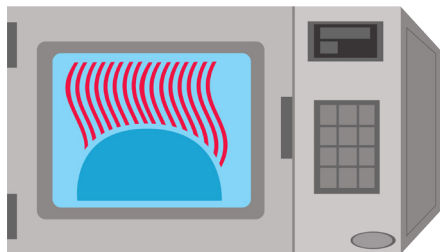


### Running water

Submerge food under running, drinkable water at 70°F (21°C) or lower. The flow of the water must be strong enough to wash loose food bits into the drain.

Always use a clean and sanitized food-prep sink when thawing food this way.

**NEVER** let the temperature of the food go above 41°F (5°C) for longer than four hours. This includes the time it takes to thaw the food plus the time it takes to prep or cool it.



### Microwave

Thaw food in a microwave oven if it will be cooked immediately after thawing.

The food must be cooked in conventional cooking equipment, such as an oven, once it is thawed.



### Cooking

Thaw food as part of the cooking process.